



STRAND CAFE LUNCH MENU



FEBRUARY 17TH - APRIL 10TH



Let's Go Local!



Each "Try-it Tuesday" we are encouraging students to sample an organic, locally made recipe featured on the salad bar. In addition, on Friday, a featured "Harvest of the Month" whole, local and organic fruit or vegetable is offered. Enjoy the harvest!!



We're Going ORGANIC!



This school year, we're increasing the amount of organic produce on our salad bars to provide even more fresh, healthy, and sustainable options for your child. With locally-sourced, pesticide-free ingredients, every bite supports better nutrition and a greener planet.

MONDAY

Crispy Chicken Sandwich



BBQ Pork Sliders



Crispy Veggie Spring Rolls
(with sweet & sour sauce)

TUESDAY

Papa John's Pepperoni Pizza



Papa John's Cheese Pizza

Turkey Bacon Avocado Sandwich



WEDNESDAY

Orange Chicken with Brown Rice

Chicken Taquitos
(with Guacamole on the side)



Islander Protein Pack
(hard boiled egg, string cheese, Go-Gurt, Cheez-Its)

Mid-Week Munchie!
Mini Brownie Bar

THURSDAY

100% Beef Hamburger



Turkey & Mashed Potatoes
(with a roll)



Yogurt & Crackers

FRIDAY

Brunch 4 Lunch!



(pancakes & turkey sausage w/ syrup)

Pepperoni & Cheese Croissant



Cheese Tamale

Menu subject to change.



= Gluten Free Entrees



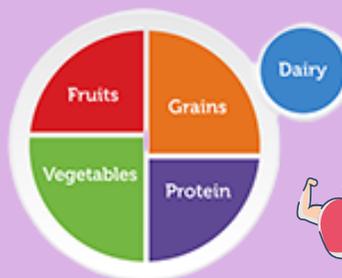
= Vegetarian Entrees

Students must select a 1/2 cup of fruit and/or vegetable with each meal.

TIME FOR A BREAK.

No school March 30th - April 3rd

All of our meals offered follow the USDA My Plate Nutrition Guidelines!



Healthy Selections Daily

A selection of fruits & vegetables will be offered daily: Oranges, Bananas, Apples, Blueberries, Raisins, Dried Cranberries, Pears, Nectarines, Applesauce, Romaine Lettuce, Spinach, Cherry Tomatoes, Carrots, Zucchini, Jicama, Cauliflower, Celery, Broccoli, and Cucumbers



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